SUMMER FOOD SAFETY

Fuel Your Family

Safe Food Practices

- Foodborne illnesses are more common in summer months
- Remember to cook food to proper internal temperatures
  - Safe Food Temperatures: https://tinyurl.com/yafkwkx
- Keep cold foods cold and hot foods hot
- Don't leave food in the Temperature Danger Zone Temperature Danger Zone (40°F-140°F) longer than 2 hours or 1 hour if temperatures are 90°F and above (bacteria multiply faster at higher temperatures)

Remember to Wash Hands

- Even when eating outdoors, it is essential to wash your hands. Bring soap, a jug of warm water, and paper towels to wash hands
- Remember, hand washing is the preferred method to clean hands. Hand wipes or hand sanitizers are not a replacement to hand washing but can be used in addition to hand washing.

When Going on a Trip:

- Pack enough ice and freezer packs
- Wash produce before packing
- Pack ready-to-eat foods, uncooked foods, and drinks all in separate coolers to avoid cross-contamination
- Pack meat and poultry still frozen, so they will stay colder longer
- A full cooler will maintain it's temperature longer than a partially filled one
- Keep coolers closed

When Grilling:

- Do not reuse marinades, sauces, or utensils that have touched raw meat
- Remember to bring your thermometer to take the internal temperature of food items